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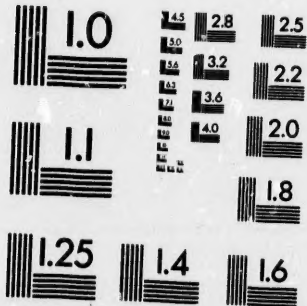
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(Prohibition Series.)

The Effects of Alcohol on the Human System.

BY THOMAS C. WATKINS.

Alcohol, where taken into the system in a pure state, or mixed with water and the sugar of fruit, or grain, and flavored with drugs to make it more palatable and seductive, is admitted, nay, positively declared, to be one of the strongest narcotic, acrid poisons known to toxicologists, who class it with deadly-nightshade, *tobacco*, strychnine, etc. Dr. F. R. Lees, F.S.A., Edinburgh, defines poison to be "A substance which, brought into contact with the skin, mucous surfaces, nerves, blood discs, or other animal parts, *disturbs their normal state*; such disturbance means, first, some degree of altered *structure*, temporary or permanent; and second, a consequent *altered* function which may be either increased, or lowered action."

It appears strange indeed that any intelligent being, endowed by the Creator with moral principles; with the knowledge of good and evil; of right and wrong, would take into his system an agent of destruction, however disguised or diluted, which produces such sad consequences; ruining families, shortening lives, filling lunatic asylums with the sad wrecks of humanity, causing the fall of our daughters, the disgrace and incapacity of our sons, and the ultimate end of many of them in our penitentiaries, or on the gallows. It alters the natural condition of the various organs of the body, particular-

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ly of the brain, and results sooner or later in shortening human life, and ushering man as a suicide into the presence of his Creator at the Judgment Day.

Our vital statistics plainly show that health, strength, warmth, power of endurance, and vital force; are all maintained much more effectually by the teetotaler, than by those who partake of alcoholic liquors, even in very small quantities. Dr. Baer, of Berlin, in his great work on alcohol, says: "One designates as food those substances which supply the body with energy, such as, under suitable conditions, will produce action. These substances must be oxidizable, or assimilable in the system, *i.e.*, they must either become a part of the body, or replace some of its elements, or else become, through combination, the source of force, and neither they, nor the product of their oxidation, must disturb the structure, or function of any organ." Then he states that alcohol first acts upon the digestive apparatus, upon the organs and functions of the body, and upon the nervous system, not as food, but rather as poison. By reason alone of its baneful influences, it is impossible to regard alcohol as food, and certainly not as food adapted for the animal body.

Professor Donders, when speaking of alcoholic liquors reducing the appetite

for food, says: "If the taking of alcohol limits the craving for food, the life activity is at the same time decreased; and the man, as a physical and physiological being, is reduced to a lower level, and is it not cruel to allow the laborer wantonly to waste his strength, instead of removing from him the alcohol, which only momentarily disguises the impending exhaustion? There can be no display of strength unaccompanied by tissue change. Alcohol is no savings box for muscular strength; for in time it utterly destroys it." Some of the leading physiologists of the day, as, for example, Prof. Sallemund, Dr. King-Chambers, and Dr. Edward Smith, all concur in the belief that the chief action of alcoholic liquors, is to depress vitality by their narcotic action upon nerves and brain. Alcohol, and other narcotics, given in small doses, act upon the system something like a whip to a horse, making a man expend a great deal of force, while it does not supply any to replace that expended, hence the lassitude, and weakness experienced afterwards. Dr. Aitkin says: "When spirituous liquors are introduced into the stomach, they tend, in the first instance, to coagulate all albuminous articles of food, or fluid with which they come in contact; as an irritant, they stimulate the glandular secretions from the mucous membrane, and ultimately lead to permanent congestion of the vessels, and to thickening of the gastric tissues." In these effects, the most skilful and renowned physicians of Europe, recognize the operation of an agent, most pernicious in its ultimate results. The alcoholic coagulation is quite different from that effected by the gastric fluids, and tends to render it very difficult to solve by the gastric juice. Dr. Lankester informs us

that "Even diluted in the form of beer or wine, it is found to act injuriously on the delicate membranes of the stomach, and other digestive organs. When taken in large quantities, it acts most injuriously on the stomach, liver, brain, heart, and other organs. It is found to destroy the quality of the blood, to congest the membranes of the brain, to produce incurable affections of the liver and kidneys; and to effect changes in the muscular structure of the heart; the result of any of which is painful and lingering disease, or sudden death."

Then, as Prof. Lees says, "another result is, that it masks the symptoms of disease produced by other causes, and serves to frustrate the aims of proper treatment; and to set the physician's skill at defiance. The abstainer has not half the sickness of the moderate drinker, the diseases to which he is subject are much more amenable to treatment, and require less violent remedies." Alcoholic liquors, even in small doses, if continued, alter the nature of the blood. This has been proved by numerous experiments; and by microscopic observations made by Professors Schultz, Virchow, Bocker and others. Professor Carl Schultz says: "Alcohol stimulates the vesicles to an increased and unnatural contraction, which deprives them of coloring matter, and hurries them on to the last stage of development; i.e. induces their premature death, not suddenly, but gradually; and more or less according to the quantity of alcohol used. The pale vesicles lose all vital resistance, less oxygen being absorbed, and less carbon being carried out, and the plasma itself becomes an irritant to the circulatory and secreting organs. This is the reason why alcoholized blood cannot

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Virchow, in describing the result of
his experiments in the blood of beer
drinkers, says: "It shows a decrease
of water, an increase of febrin and of
colored clot, which reddened much less
rapidly on exposure to the air than
normal blood, and *contains more of the
pale blood discs than are usual in
perfect health*, which may be regarded
as defunct bodies, no longer capable
of their original duty, that of absorbing
oxygen." Bocker agrees with Virchow,
that the large quantity of pale discs in
the blood of beer drinkers, is evidence
of partially effete matter being retained
in their blood. His experience with
Rheinish wine, showed a *large lessening
of the quantity of carbonic acid breathed
out of the lungs*, and stopping the se-
cretion of earthy phosphates; thereby
retaining the ashes of combustion in
the system, and retarding ventilation.
All alcoholic liquors are proven by the
most undoubted evidence of hundreds
of the most skillful analysts, and medi-
cal men, (many of whom I have already
named), to be ruinous to the system in
exact proportion to the quantity of
alcohol they contain. Dr. Aitkin says:
"that from excessive drinking the
blood becomes surcharged with un-
changed and unused material, and
contains at least *thirty per cent.* more
carbon than in the normal state."

The order of events by which this
comes to pass is somewhat as follows:
"Alcohol is directly absorbed by the
blood vessels without undergoing any
change. Part of it is eliminated very
slowly by the lungs, skin, liver and
kidneys, but appears to tarry in largest
amount in the brain." Schulinus has
recently analysed the blood of drinkers,

and asserts, that it contained a large
percentage of alcohol. Professor Salle-
mand also states that "alcoholized
blood, contains, during life and after
death, a great number of free fatty
globules, visible even by the naked
eye." The pathological alterations in
the drinker's system, as stated by Dr.
F. R. Lees, are "very vivid inflam-
mation of the mucous membrane of the
stomach, accumulation of blood in the
right chamber of the heart, and in the
large veins; congestion of the mem-
branes covering the brain, and especi-
ally of the lungs." Lecanu found in a
drunkard's blood, 117 parts of fat in
1,000 parts; the highest healthy pro-
portion being $8\frac{1}{4}$ parts, and the usual
quantity only three parts." Dr. King-
Chambers remarks: "Alcohol is really
the most ungenerous diet there is.
It impoverishes the blood, and *there is
no surer road to that degeneration of
muscular fibre so much to be feared.*
Three quarters of the chronic illnesses
which the medical man has to treat, are
occasioned by this disease. In heart
disease it is especially hurtful, by
quickenning the beat, causing capillary
congestion, and irregular circulation;
and thus mechanically inducing *dilata-
tion of the cavities.*" Dr. F. R. Lees
says "that alcohol is concerned in pro-
ducing the peculiar conditions of the
tissues called fatty degeneration, more
than any other agent known."

The influence of alcohol upon the
blood, is strikingly exhibited in its
effects upon the milk of nursing
mothers. Dr. E. Smith states, that,
"Alcohols are largely used by many
persons in the belief that they support
the system, and maintain the supply
of milk for the infant; but this is a
serious error; and is a not unfrequent
cause of fits, and emaciation in the

child." Sir A. Carlisle, the celebrated surgeon, said of fermented liquors, "The next in order of mischief is their use by nurses, a common cause of dropsy in the brains of infants. I doubt much whether the future moral habits, the temper, and intellectual abilities, are not *greatly influenced by the effects of fermented liquors upon the brain, and sensorial organs.*" Dr. Inman, of Liverpool, in his 'New Theory of Disease,' states that, "Through the influence of lactation, children have suffered severely from diarrhoea, vomiting and convulsions. I have known a glass of whisky toddy, taken by the mother, produce sickness and indigestion in the child 24 hours thereafter." On the analysis of the milk of the same woman, a few hours before, and after the use of the pint of beer, it was found that the alcohol in the beer increased the proportion of water, and diminished that of the caseine, or curd, which is the nourishing element; and the alcohol was quite perceptible in the milk." From the experiments of Sallemant, Perrin and Duroy, of Paris, they state, "That the action of alcohol upon the blood and nervous system, when taken in small quantities, which only cause moderate excitement, is but a lower degree of the same kind of abnormal stimulation, which is known as inebriation, and that alcohol never gives power, but merely uses it up." Further they say, "These facts establish from a physiological point of view, *a line of demarcation* between alcohol and foods. Foods restore the vital forces, without the organism betraying by disturbed functions, or by outward agitation, the labor of reparation, which is accomplished silently in the woof of the tissues. Alcohol, on the other hand, immediately provokes, even

in small doses, an excitement which extends through the entire economy.

Dr. F. R. Lees, F.S.A., says, "These facts enable us to realize the subtle and varied consequences of the use of alcohol, through the nervous system and brain, upon the minds and actions of men. The forms of mental perversion to which the use of this poison gives rise, from irritable temper to outrageous crime; darkening the perceptions, exciting the passions, hardening the heart, blunting the conscience, and destroying the brain, are infinitely various, and find their abundant illustration in the records of our legal tribunals. It is not a text-book, but a cyclopædia that can adequately exhibit them. Pyromania, and kleptomania are two forms of impulse, sometimes created, but more often developed by the action of alcohol. Its use is at the bottom of brain defect, as well as of brain disturbance. Idiots are engendered by a single act of alcoholic excess. It determines the character of the unborn child; it strikes a blow at reason and virtue in the very womb. A drinking father is a fool, and a drinking mother a monster; and, but for the deceptive influence of moderate drinking, these truths would be admitted. Plato, twenty centuries ago, recognized this fact in physiology, when he forbade wine to the newly married."

The *Spectator*, of England, in an article on women and alcohol, remarks: "Women of the higher middle class swallow quantities of wine, or liquors, which keep them in a condition known as *permanent alcoholization*, the most dangerous condition into which a man can fall, and, from physiological differences, infinitely more dangerous to a woman. Its effect tends directly to

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diminish nervous power, that is, in fact, to obscure the mind, to deteriorate moral character, and to increase the liability to insanity." The doctors formerly advised the practice of using alcoholic liquors, which the most skilful, and leading physicians in London, Edinburgh, Berlin, Paris and Vienna, (which are the great centres of medical skill) now deprecate, and substitute water and nourishing food instead. The *Spectator* says further: "Alcohol is the ruin of women, as it is of men, and for the same reason, because any narcotizing poison, once in possession of the system, paralyzes the will, but it is ruin far quicker, and more complete. Women depend more upon the will, which the influence of the poison cripples; and suffer more visibly when its paralysis has thrown them back defenceless upon impulse, whether the impulse be kleptomania or concession to solicitations."

The medical men who by their advice, are responsible for many of the evils, which that advice has brought upon thousands of unfortunate people, should now do all in their power to undo the terrible calamities, their recommendations to take alcoholic liquors as medicine, have, brought upon innumerable families all over the civilized world; by their patients contracting a love for the excitement caused by the liquor; and when its exhilaration would die out, they would again and again resort to the doctor's medicine, until they have become confirmed drunkards. I have known many instances of this result from the doctor's advice, where desolation, beggary, and utter ruin to body and soul, have been the deplorable consequences of medical men advising their patients to take a little wine to strengthen them, but if the

doctors would have had the wine analysed, they would have been convinced that there was more nourishment in a pint of pure milk, than in two gallons of the purest alcoholic wine that could be obtained, for the process of putrefaction through which the grape-juice passes, destroys very nearly every particle of nutrition in it, and generates alcohol, the devil in solution.

Dr. Lees, F.S.A., says, "Alcohol, is not only the teeming fount of the sad idiocy which disgraces, and depresses our boasted civilization, as truly so in highly educated Massachusetts, as in the slums of Glasgow, Manchester, or Liverpool: its moderate use is the cause of so many ill-balanced minds, neither insane nor sensible, who are destined to make failures in life, and become the centres of misery in many circles. It is an undoubted fact, exemplified in the history of thousands of families, that the children born after the parents have joined the temperance societies are not only physically healthier, but mentally brighter, and morally better than those born before." Dr. E. Smith tried an experiment with alcohol. He and a friend met and took moderate doses, "when in three to seven minutes it disturbed their minds, lessened consciousness and the perception of light and sound, and the power of co-ordinating muscles. The spirits made us very hilarious and talkative in ten minutes—so much so that my friend was altogether a king. But as minutes flew away, so did our joyousness, and little by little we lessened our garrulity, and felt less happy, until at length; having gone down by degrees, we remained silent, almost morose, and extremely miserable. Then indeed we felt the horrors, and the sorrows of a drunkard's lot,

and saw with clearness which can only be perceived by experience, how certain it is that he must again drain the intoxicating cup."

An agent with such tendencies cannot be regarded as a friend of man or God. By physical law it is thus plainly seen to be the seed of inordinate appetite, creating and fostering a passion for itself, which grows with what it feeds on. The sole issue of its use is immorality and sin; ending in that awful condition of moral slavery, confirmed drunkenness; a condition the most hopeless, when the rational will is destroyed, when the throne of reason is overthrown by alcohol: that distilled damnation which many physicians advise their patients to take to *strengthen them*; which many ministers of the Gospel drink with their members! thus setting them an example, which leads to their ruin; instead of inculcating on their membership the duty of abstaining from the appearance of evil, from what they know well is the direct cause of three-fourths of the crime, the insanity, the unutterable woe that pollutes, debases, imbrutes and destroys man, and fills hell continually with millions of victims.

Professor Parkes and Count Wilowicz, of the Netley Army Hospital, in the "Proceedings of the Royal Society," give a most convincing explanation of the great evils, and deadly effects flowing constantly from the use of alcoholic liquors. In a healthy person, the average number of heart-beats are, according to observations made carefully by Professor Parkes, on persons free from excitement, 106,000 in twenty-four hours. When he gave a moderate dose of alcoholic liquor, the heart-beats were increased four per cent. Alcohol was given by the ex-

perimentor during six successive days, and on the last of the six days the heart-beats were increased 23 per cent. To show the labor caused, and the excess of work done by the heart under the moderate influence of alcohol, and the consequent weariness and exhaustion experienced, which leads the victim of alcohol to drink deeper, and deeper still, I quote Professor Parkes again: "The period free from any exciting cause, the heart-beats were 106,000 in 24 hours; in the alcoholic period it was 127,000, or about 21,000 more; and in the brandy period it was 131,000, or 25,000 more beats. Admitting that each beat of the heart was *as strong* during the alcoholic period as in the water period, (*it was really more powerful*) the heart, on the last two days of alcohol, was doing *one-fifth* more work. Adopting the lowest estimate which has been given of the daily work done by the heart, viz., as equal to 12.2 tons lifted one foot, the heart, during the alcoholic period, did daily work in excess equal to lifting 15.8 tons one foot, and in the last two days, did extra work to the amount of 24 tons lifted as far." As alcohol causes the heart to beat faster, "the period of rest was shorter."

Six days after alcohol was left off, the sphygmograph showed signs of unusual feebleness in the heart-beats. Dr. F. R. Lees says: "The sphygmographic lever, one end of which is accurately adjusted to the artery at the wrist, shows the pulse-tracings somewhat like the telegraph writing. It gives the force of the heart-beat expanding the arteries, the resistance of the arteries to the expansion, and the effect of the onward-flowing blood wave. Any variation in these conditions will effect the force which moves the lever,

and determine the heart-beat. The tone of the balance equal or unequal tracings should with a nearly apex, gradual two faintly marked. The pulse-wave alcoholic liquor of fatigue, is regular and distinquency, with more abrupt co inequality and the curves indicate of the heart's more work in period of res shortened."

Experiments was no pathologic fermented liquor. Alcohol is a liquor are only colors and flavors Beaumetz, and mental Research our position mented liquors modified for the talk of "alcohol reveal their u they write ab appealing to against facts, superstition, se certain that no can prevail, tha hol is an aid to al, and beyond This is the fact apparent—its phenomena. the soul otherw

successive days, and determines the pulse-tracing, *i.e.*, the six days the heart-beat may be quick or slow, raised 23 per cent. the tone of the vessel strong or weak, caused, and the balance between the two forces by the heart under equal or unequal. In health, the pulse of alcohol, and tracings should be of moderate height, and exhaustion with a nearly vertical ascent, an acute which leads the apex, gradual and long descent, and the drink deeper, and two faintly marked secondary waves. Professor Parkes The pulse-wave of a person drinking alcoholic liquor exhibits the character of fatigue, is more sub-dicrotous, irregular and disturbed, increases in frequency, with shorter tracings, and more abrupt collapse after diastole, the andy period it was more beats. Ad- inequality and difference of form in the of the heart was the curves indicating a varying power alcoholic period of the heart's action, the heart doing more work in a given time, and the heart, on the last period of rest for the heart being as doing *one-fifth* shortened."

Experiments with wine showed there was no pathological difference between the lowest esti- given of the daily fermented liquor, and pure alcohol. rt, viz., as equal foot, the heart, Alcohol is alcohol, and fermented period, did daily liquors are only alcohol disguised by lifting 15.8 tons colors and flavors. Drs. Dujardin, st two days, did Beaumetz, and Adige, in their "Experi- ment of 24 tons mental Researches," have fully indi- cated our position, that alcohol in fer- mented liquors, or in mixtures, is not mented liquors, or in mixtures, is not modified for the better. When divines

ol was left off, reveal their utter ignorance of what wowed signs of un- they write about. It is a blunder he heart-beats. appealing to imbecility, in a battle The sphygmo- against facts, to uphold a system of d of which is superstition, sensuality and sin. It is he artery at the certain that no more pernicious fallacy tracings some- can prevail, than the opinion that alco- h writing. It hol is an aid to thought. It is, above the heart-beat ex- and beyond all, a brain poison. ne resistance of This is the fact that has always been n, and the effect apparent—its power to disturb mental blood wave. phenomena. But drink cannot affect conditions will the soul *otherwise* than by disturbing moves the lever,

its organ. It therefore literally steals away the brain, and thus brings to one common level peer and peasant, philosopher and fool.

Dr. Baer well observes "that all persons who have relied upon alcohol as a brain-restorer, have discovered too late, that it is really a brain destroyer. It does not strengthen the intellect, but it excites the passions, and dissolves the curb of self-control." Abstract ideas are in fact the basal structure alike of religion, philosophy and science. The drinker cannot reason; he only feels. Hence the danger lurking in our cities, towns and villages cursed with grog-shops, wages being misapplied, the people are insufficiently nourished, badly housed, live in a state of misery, consuming alcohol and tobacco in ever increasing quantities, the brains get into a state of chronic excitement and weakness, so that the people become the prepared victims, and ready dupes of designing men, who preach impossible, and wild methods of bettering their condition in society.

Thus physiology teaches the patriotic, the important relation of Temperance to the community. Until that is understood, politicians legislate in the dark, the fruits of which are disappointment and despair. But the horizon brightens, the morning is coming, truth and wisdom must prevail. Let each individual of the temperance army feel, that God and Canada expect them to do their duty, and glorious victory will crown our efforts with Prohibition.

Whiskey debauches manhood and womanhood and degrades and drags childhood from its throne of purity and innocence.

CULLS AND CLIPS.

Canada consumes $2\frac{3}{4}$ gallons per head of intoxicating drinks per annum; United States consumes 13 gallons per head per annum; Great Britain $40\frac{1}{2}$ gallons per head per annum.

The American Consul-General at Berlin reports to the Secretary of State, that certain brewers of Germany "are exporting to the United States weiss-beer adulterated with salicylic acid."

The wife of United States Senator Spooner, of Wisconsin, is credited with saying in a recent interview, "the woman or girl who offers one of my sons a glass of wine will personally affront me."

Mrs. Harrison, it is announced, will give three or four luncheons at the White House during the season, to from twenty-four to forty ladies, which will be served in courses as dinners, but without wine.

Congressman Breckenridge, of Kentucky, is reported as saying, that the Kentucky distillers promise to send him to Congress forever, if he will promise that the internal revenue laws concerning liquor shall not be disturbed.

In the face of the Supreme Court decision, that the people may destroy the liquor trade without compensating manufacturers, English capitalists have within a year invested fully \$25,000,000 in American breweries and distilleries.

The International Committee have fixed the date for the next International Congress against Alcoholism, to be held in Christiania, Norway, from September 3rd to 5th, 1890, inclusive. Delegates and papers are invited from America.

The Prince of Wales has been obliged to largely forego the use of cigarettes, and also strong-flavored cigars; and is advised by his physicians to stop smoking altogether, on account of gas-troubles, which it is thought is occasioned thereby.

The tobacco manufacturers are said to disapprove the proposition to repeal

the internal revenue tobacco tax, and will ask a hearing in opposition thereto at Washington. Why do they, as we as the whisky men, prefer to continue to pay the tax?

The *Brewers' Journal* says, the great prohibition fight of 1890 will be made in Nebraska, on the two amendments pending there; one for prohibition, the other for license. It thinks "a liberal license policy will draw vast amounts of capital to Nebraska."

Another illustration of the drink havoc, by which the innocent are sacrificed, is furnished by a late Halifax N.S., telegram, which says: "George Cunningham and wife smothered their child during a drunken debauch, and will be prosecuted for manslaughter."

A Masonic Lodge at Lincoln, Neb., recently expelled three members who were engaged in liquor-selling, under the rule of the State Grand Lodge, which prohibits a saloon-keeper from becoming a Mason, or remaining in the Order, if he continue the business.

A Southern negro quaintly says: "When I see a man going home with a gallon of whisky, and half a pound of meat, that's temperance lecture enough for me, and I see it every day. I know that everything in his home is on the same scale—gallon of misery to half a pound of comfort."

In Brooklyn, a man had a present of a bottle of whisky, which he took home. A little daughter, Katie, two years and a half old, while the mother was temporarily absent, got the bottle and drank freely of the whisky. Convulsions followed, and the father and a doctor were sent for, but she died, killed by the whisky poison.

Rev. Carson Parker, once a prominent New York preacher, died in a Colorado saloon last month, another victim to alcohol. Only a few weeks ago the clever *litterateur*, and eloquent preacher, A. J. Bray, for whom the people of Montreal erected a grand church, died in obscurity in England, another wreck of drink. Verily, alcohol is no respecter of persons.

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